

## Say Goodbye To Hair Fall

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**To save your mane from shedding is a real struggle. Receding hairline is a nightmare, and finding ways to reduce it only leads to using chemical hair products.**

Well, it is time to take a breather and bid bye to clogged drains and messed-up combs. Here is how to save your hair from breakage. Follow some simple hair care tips, and with products like [Vichy Shampoo](#), which are completely safe to use, you will soon flaunt thick and lustrous hair.

### Avoid Pulling Your Hair

If your hairstyle pulls the hair, then avoid such styles. Your hair has a flexible texture but cannot be stretched indefinitely. If you end up stretching it a lot, then it could get damaged permanently. If the hair is pulled from the scalp too much, it loosens the bond with the scalp causing hair fall.

### Styling Tools Damage The Hair

Heat causes the hair follicles to get dehydrated and makes them vulnerable to severe damage. Hair straighteners and hair dryers used for long can cause the hair to get thin and damaged.

### Use A Mild Shampoo

Picking up any shampoo from a departmental store and applying it on your hair is a sure shot reason for hair fall and breakage. Shampoo should be used to clean your hair and to remove excess oil and dirt. However, the commercial shampoos available today are made of harsh chemicals that strip the hair of fatty acids and natural oils. It, in turn, makes

the hair supply. So take time and read the ingredients used in your shampoo. It is good to invest in the best quality shampoos for the better health of your hair.

### **Using Chemicals And Bleach On Your Hair Could Damage It**

Styling products use chemicals. And have you wondered what it does to your hair? Regular application of dyes, using iron, and treating your hair with harmful chemicals causes the hair follicles to get damaged. If you have been using them, it is time to limit usage.

### **Try Low-Level Light Therapy**

People with excess hair fall conditions have benefited from low-level light therapy. The procedure promotes the growth of hair cells and repairs them. However, this therapy has to be prescribed by the doctor.

### **Comb Your Hair With A Soft Brush**

Most people usually overlook the hairbrush or comb that they use several times in the day to set their hair. This is, however, a vital thing to consider.

Always use a soft brush on your hair to not cause hair damage. Something that is made of natural fibers does wonders. Natural hair brushes also promote a healthy sebum oil level in your hair.

The hair contains keratin protein, so it is important to brush your hair gently and through its ends to smoothen the condition of your hair cuticle.

### **Have A Protein-Rich Diet**

It has been noticed that several patients who complain of hair loss have low amino acid and protein intake. Nutritional deficiencies could be related to hair fall. It is thus important to eat a healthy diet, stay hydrated and live healthy to prevent hair fall.

### **You May Start A Multivitamin Supplement**

Vitamins and minerals help to prevent loss of hair. Some vitamins levels that you may want to get checked to supplement if required are:

Vitamin B

Selenium

Zinc

Iron

Vitamin D

Vitamin C

Vitamin E

Vitamin A

There are supplements available that contain the essential vitamins in a single multivitamin tablet. It is always recommended that you consult a doctor before taking one.

### **Scalp Massage Helps**

The traditional method of massaging the scalp also promotes hair growth. A 4-minute scalp massage each day stimulates the hair follicles and prevents hair fall. The research is in the nascent stage, though and needs to be tried on a larger sample, but again, considering no side effects, there is no harm in trying this age-old technique to promote [healthy hair growth](#).

Just use quality hair oil and massage your hair and then wash it off with a gentle and anti-hair fall shampoo.

### **Care Well For Your Scalp And Hair**

Taking good care of your scalp and hair prevents hair loss and improves hair growth. Washing your hair with a mild shampoo keeps the hair and the scalp clean, which in turn prevents hair loss and damage.

### **Healthy Hair Products Are A Must**

Hair loss is a concern that can be caused by genetics or aging. It is important to understand the underlying cause of hair loss and then select the best treatment.

Hair loss, however, is not uncommon. If the hair fall is manageable, using good quality shampoo and hair care products can improve the condition. In case of excess hair fall, it is always best to consult a dermatologist to get a proper diagnosis and treatment.

While hair loss is not life-threatening, it does affect the confidence and the personality of an individual. Investing in good quality hair care products like Vichy Shampoo can make a great difference to the quality of your hair and reduce hair breakage.